

Child, Youth and Family Schedule – Updated Dec 28, 2025

Room Guide:

(E) East Gym - (C) 5th Floor - (G) Full Gym
 (A) Active Living Studio 2 - (SC) Squash Court

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING/AFTERNOON - 9:00 a.m. - 3:00 p.m.						
Childminding (C) 9:30-1pm (6wks - 5yrs)	Childminding (C) 9:30-1pm (6wks - 5yrs)	Childminding (C) 9:30-1pm (6wks - 5yrs)	Childminding (C) 9:30-1pm (6wks - 5yrs)	Childminding (C) 9:30-1pm (6wks - 5yrs)	Childminding (C) 9:30-1pm (6wks - 5yrs)	Family Playtime (C) 9:30-1pm (0-12yrs with parents)
Indoor Family Playground (E) 9:30-12pm					Family Playtime (C) 9:30-1pm (0-12yrs with parents)	
EVENING - 4:00 p.m. - 9:00 p.m.						
Kid's Soccer (E) 4:15pm-4:45pm (3-5yrs)	Karate (SC) 4:00-7:30pm (Jan 6 - Mar 12) (3-18yrs)	Childminding (C) 4:30-7:30pm (6wks - 5yrs)	Karate (SC) 4:00-7:30pm (Jan 6 - Mar 12) (3-18yrs)	Childminding (C) 4:30-7:30pm (6wks - 5yrs)		Kick Like a Girl (G) 2-4:30pm (Jan 10 - Feb 28) (4-14yrs)
Childminding (C) 4:30-7:30pm (6wks - 5yrs)	Little Spoores (C) 5-6:30pm <i>Check Dates Below</i>		Kid's Basketball (E) 4:15pm-4:45pm (3-5 yrs)	Family Playtime (C) 4:30-7:30pm (0-12yrs with parents)		Soccer Without Borders (G) 5-7:30PM (Jan 17 - Mar 7) (5-14yrs)
Family Playtime (C) 4:30-7:30pm (0-12yrs with parents)	Family Playtime (C) 4:30-7:30pm (0-5 yrs with parents)		Family Playtime (C) 4:30-7:30pm (0-5 yrs with parents)			
Kid's Soccer (E) 4:45pm-5:15pm (6-10yrs)			Kid's Basketball (E) 4:45pm-5:15pm (6-10 yrs)			

Program	Age	Program Description	Member Fee	Non-Member Fee
Family Play Time	0-12	Our playroom is filled with toys and soft play equipment, perfect for developing essential growth-motor skills and learning to play and share with friends. Parent/Guardian supervision is required.	Included in membership	\$10.00
Indoor Family Playground	0-12	The perfect way for children to develop essential gross-motor skills like walking, running, jumping & throwing. Soft play, climbing, bouncing and riding equipment are provided offering a variety of exciting options to your child. Parent/Guardian supervision is required.	Included in membership	\$10.00
Childminding	6wks-5	Enjoy a workout or a break at the cafe while your child is in the capable hands of trained YMCA staff. Additional fees and advanced registration on the community portal apply. Parent/Guardian must stay in the building.	\$3.75 per 30 minutes	\$7.50 per 30 minutes
Little Spoons	2-8	Is a creative and hands-on program designed for children. They can explore various artistic activities and develop their creativity. Parent/Guardian involvement and supervision is required for children under 4 yrs. Jan 20,27 Feb 3, 10, 17, Mar 3,10, 17, 24, 31	\$10.00	\$20.00
Kid's Soccer and Basketball	3-10	Your child will enjoy themselves, meet friends, and learn the importance of fair play via fundamental sports throughout this program. While playing, kids would run, jump, shoot, and pass. Advanced booking on the YMCA BC app is required.	Included in membership	N/A
Karate	3-18	Karate Program Will provide a safe and supportive environment where youth can grow and strengthen their skills. Certified Black Belt Instructors from Tiger eye's karate Do will help your child develop a solid foundation for life-long karate practice, form long-lasting friendships and most importantly, enjoy every class. Advanced booking online at myymca.ca or at the front desk is required.	\$200 20 sessions	\$250 20 sessions
Kick Like a Girl	4-14	YMCA BC and Vancouver Whitecaps FC are teaming up to bring girls an incredible season of soccer! Kick Like a Girl is where you'll build skills, make friends, and discover what you can do. Come ready to play hard and shine bright.	\$55 8 sessions	\$140 8 sessions
Soccer Without Borders	5-14	YMCA BC and Vancouver Whitecaps FC welcome newcomer youth to connect through soccer! Soccer Without Borders is a co-ed program where you'll learn the game, make new friends, and feel at home, no matter where you're from. All skill levels welcome.	\$55 8 sessions	\$140 8 sessions